

# Cincinnati Recreation Commission

## Athletics Division

### VOLLEYBALL RULEBOOK *For Adult Leagues*

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# Cincinnati Recreation Commission

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# Cincinnati Recreation Commission

*is dedicated to providing recreational and cultural activities for  
all people in our neighborhoods and the whole community.  
We believe that by enhancing people's personal health and wellness,  
we strengthen and enrich the lives of our citizens  
and build a spirit of community in our City.*

# TABLE OF CONTENTS

Forward

Injury Prevention

Volleyball Registration

League Structure

Priority Registration

Fees

Payment Procedures

Refunds

## League Rules and Guidelines

1. Manager's Responsibilities
2. Children In The Gym
3. Team Rosters
4. Roster Freeze
5. Penalties For Roster Violations
6. Player Protests
7. Game / Match Protests
8. Forfeits
9. Warm-Up Periods
10. Minimum Number Of Players
11. Grace Period
12. Official Game / Match
13. Officials
14. Ground Rules
15. Conduct
16. USAV /CRC Rules
17. Additional Sand Volleyball Rules
18. Tournaments
19. Awards
20. Injuries / Accident Report

**CRC VOLLEYBALL**

*Inspiring Today. Strengthening Tomorrow.*

## FORWARD

The Athletics Division of the Cincinnati Recreation Commission has prepared this rulebook to clarify the governing rules and procedures of the Volleyball Season. Please take the time to read this information.

The CRC Volleyball League Coordinator (VLC) is responsible for the organization and control of the Volleyball Program. The VLC will enforce all rules set forth and will expect managers and team members to follow procedures as outlined in this rulebook. All league decisions and rule interpretations by the league coordinator are final.

## INJURY PREVENTION

All participants must be aware that some risks are involved when actively participating in physical programs. If you are pregnant, have a disability or are not positive that you are physically fit to participate in an active sport, please consult your physician.

## VOLLEYBALL GENERAL REGISTRATION INFORMATION

### Winter Season Registration – Indoor

Registration Dates:      Returning Teams – Early November  
                                     New Teams – Mid-November

Season Begins:            Early January

### Summer Sand Season Registration – Outdoor

Registration Dates:      Returning Teams – Early April  
                                     New Teams – Mid-April

Season Begins:            Mid-May

### Fall Season Registration – Indoor

Registration Dates:      Returning Teams – Mid-July  
                                     New Teams – Late July

Season Begins:            Early September

# LEAGUE STRUCTURE

The Cincinnati Recreation Commission Volleyball Program is divided into five skill level classifications. Following are the descriptions of these levels. Please keep in mind that these are only guidelines, and that skill levels are not guaranteed.

**A Level** – Teams/players seeking a high level of competitive volleyball. Play involves multiple offenses using designated setters and hitters, and utilizing strong middle blockers – both male and female.

**BB Level** – Above average ability, a mixture of experience, and a desire to play more competitive volleyball characterize this level. Teams will operate multiple offenses with designated setters and hitters.

**B Level** – Our intermediate leagues. Athletic types who want to play volleyball for more than just the fun of it. Most “B” teams run 6-2 offenses.

**C+ Level** – This level will provide an opportunity for the “C” players from previous seasons who feel that they are ready to make a move up, but are not quite ready for the “B” level.

**C Level** – Our novice leagues. This league is for inexperienced players who want to play for the fun of it, but who desire to improve their skills.

## PRIORITY REGISTRATION

Priority registration is determined year to year by the manager of the team, regardless of the sponsor or players. The manager is the key in all of our programs.

### Considerations for being a priority team are:

1. If the team splits and several players form a new team, the original manager has priority as the old team. The players who formed the second team become a new team.
2. If the team splits and several players and the sponsor form a team, that team is a new team. The original manager has priority as the old team.
3. If the manager leaves the sport, the alternate will assume the position of manager for the old team and have priority in registration.
4. If the old manager leaves the sport and there is no alternate or the alternate also quits, the first person that registers the team name becomes the manager of the old team and will have priority in registration. Any and all other players will enter teams as new teams.

## FEES

### TEAM ENTRY FEES

***Full payment is expected at the time of registration.***

Summer Sand Season:	Doubles - \$100.00	10 game season
	Triples - \$135.00	
	Quads - \$160.00	
	Six's - \$260.00	

Fall Indoor Season:	\$300.00	10 game season
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Winter Indoor Season:	\$300.00	10 game season
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All above registration fees include the official's fees for the season and for the post-season tournament **except for the Sand: Doubles, Triples and Quads, which are self-officiated.**

## PAYMENT PROCEDURES

CRC accepts cash, checks, money orders, Visa or MasterCard. All fees should be made payable to CRC-Athletics. Applications are accepted at the CRC Athletics Office Monday through Friday, from 8:00 a.m. until 4:45 p.m. Teams may also register by phoning or faxing an application along with a Visa or MasterCard number and expiration date. Team applications should accompany all payments being mailed to CRC. ***Full payment is expected at the time of registration.***

A \$15.00 fee will be assessed if the check you submitted is dishonored. If a check is dishonored, you will be notified by the Cincinnati Recreation Commission and will have to pay the original amount plus the \$15.00 check fee. (Per city ordinance #435-75.)

### REFUNDS

Teams withdrawing prior to completion of league schedules will be assessed a \$25 service charge for clerical and material fees. Teams withdrawing after completion of schedules will be assessed \$50 plus a prorated game fee. ***Teams withdrawing after the second match will receive no refund. All refunds will be issued as a check from the City of Cincinnati.***



## LEAGUE RULES AND GUIDELINES

### 1. MANAGER'S RESPONSIBILITIES

- A. It is the manager's responsibility to take the initiative to obtain league information (deadlines, tournament information, awards, etc.).
- B. Each manager must have a copy of the league rules and the league schedule at each match. If a league rule is disputed, the official must be shown the CRC rule or he/she will not be held responsible for the enforcement of that rule.
- C. **Score Verification – Both captains must initial the official score sheet upon completion of the match. The team who wins at least two of the three games of the match is also required to call the results in to the CRC Athletics Division Score Hotline at (513)352-1620 the day following the match.** There is no penalty for non-compliance with this rule, but in order to keep our records updated, your cooperation with this procedure is greatly appreciated. The score sheet is official.

### 2. CHILDREN IN THE GYM

***If it is necessary for any of your teammates to bring children to your match, we ask that the responsible parties supervise them.*** Children playing along the sidelines can only hamper play and will subject them to the possibility of injury. Game officials have been instructed to stop play and ask for the responsible parties to intervene if disorderly behavior occurs. ***If play is delayed, the official may call a "delay of game" penalty towards the responsible team.***

Please remember that this is an adult program – only bring children when necessary. Most facilities do not offer childcare. Your cooperation in this matter is greatly appreciated.

### 3. TEAM ROSTERS

An official CRC roster for the season must be on file at the CRC Athletics Office (before the office closes) **prior to the second played match. Previous year's roster will be accepted in any form.** There will be no exceptions in this matter. If the roster is mailed or faxed, it is the responsibility of the team manager to call and confirm receipt of the roster to protect the eligibility of the team and/or a player. Please note that the CRC Athletics Office does not receive mail on Saturdays or Sundays. Forms can be found on [www.cincyrec.org](http://www.cincyrec.org) (click Athletics, then click Important Forms)

- A. Rosters are limited to 15 players (except for the Sand Season).
- B. The CRC Volleyball Program is for adult players – 18 years of age and older. Players that are 16 or 17 years old may participate (with parental consent), and must be at least 16 years old by the start of the season. An Under-Age Player's Roster may be obtained from the Athletics Office, and should be submitted before the player participates in the program. Maximum of two underage players of the six players on the court.
- C. CRC offers leagues for Men, Women and Co-Rec teams. **Women may not play on Men's teams and Men may not play on Women's teams.** Co-Rec teams must have a minimum of one male player.
- D. Players may be rostered on more than one league, **but not on two teams within the same league.**
- E. Players may be added or released from a roster by using the appropriate player addition/release form. A player may release himself/herself from a team without the manager's signature if this procedure is followed:
  - 1. The player should notify his/her team manager.
  - 2. The player should send the release form to the CRC Athletics Office for validation.
- F. Only one player per team may "play down" to the next lower skill level. Players may not "play down" more than one level. For example: "A" players may participate in "B" but not in "C" leagues. "B" players may participate in "A" or "C" leagues but not in both. Players suspected of "playing down" more than one level must be protested by the opposing team (see rule #5). If protested, this player may be suspended from further participation in that particular league. **The team may forfeit every game in which the player(s) participated.**

### 4. ROSTER FREEZE

**No player may be added or released from a roster after your team's fifth scheduled match.** Injured players may only be replaced with another player already on the roster. **We strongly suggest that you fill your roster!**

### 5. PENALTIES FOR ROSTER VIOLATIONS

- A. Teams not having a valid roster on file in the CRC Athletics Office may forfeit every game (other than the first week of matches) until the correct roster is on file. Games forfeited will be subtracted at the end of the season.
- B. **Teams using an ineligible player may forfeit every game in which they were subject to a valid protest (rule #6).**

### 6. PLAYER PROTESTS

If there is a question about the eligibility of a person in the game, the opposing team manager/captain must request that the official obtain a signature. **This protest must occur during the match.** If there is a roster violation, the Volleyball League Coordinator will determine the eligibility of the player (see rule #3F, also). Refusal to sign the score sheet will result in automatic forfeiture of all games in which the player participated.

### 7. GAME / MATCH PROTESTS

**There will be no game or match protests.**

## 8. FORFEITS

***Teams not appearing for two consecutive matches, without just cause, may be dropped from the league without refund of registration fee.*** This decision will rest with the Volleyball League Coordinator. Teams being dropped will receive written notice.

**Teams that are aware that they will need to forfeit a match are asked to call the CRC Athletics Office in advance, 352-4020 or 608-2463.**

## 9. WARM-UP PERIODS

Matches are to be played as scheduled. Warm-up time may be allowed within the framework of the starting times and should only be anticipated before the first match of the evening.

## 10. MINIMUM NUMBER OF PLAYERS

A team may begin a game with five players. The team must pick a designated spot for their missing player. **Penalty** – if a team is playing with five players, a side-out shall be called whenever that missing player's service is reached during rotation (resulting in loss of serve). The game official will be responsible for monitoring this procedure. The penalty shall be invoked until the missing player enters the game.

**EXCEPTION** – If a team starts with six total players and one player is injured during the match and cannot play the team **will not** incur a penalty for that player's spot.

A team may borrow ONE player from another team providing the opposing manager agrees!!! This player should be of equal ability of the missing player. At no time will a game continue with less than five players. ***In Co-Rec leagues, a team playing with five players may play with three men and two women, but not more than three men.***

## 11. GRACE PERIOD

**There is no grace period** for the first game of your scheduled match. If you can not floor a team at your scheduled starting time, your team has forfeited the first game of the match. The second game will be forfeited if you can not floor a team on the fifteen-minute mark after your original starting time. The third game of your match will be forfeited at the thirty-minute mark after your original starting time.

## 12. OFFICIAL GAME / MATCH

If for any reason beyond the control of the official or CRC Facility Coordinator where a match game is not completed, the following rules will be in effect:

- A. Only games not finalized will be replayed for where it ended. Please call to inform the CRC Athletics Office the next day so that the match can be rescheduled as soon as possible.
- B. ***If, in the third game*** of the match, neither team has reached **ten** points with a one-point lead, that game will be replayed in its entirety. Please call to inform the CRC Athletics Office the next day so that the game may be rescheduled as soon as possible.

## 13. OFFICIALS

Any concerns/complaints about the quality of league officials should be submitted in writing to the Volleyball League Coordinator immediately.

If an official is not present at game time, teams are permitted and encouraged to have a mutually agreed upon person to officiate the match (score sheet is to be signed by both managers.) This person shall assume the duties of the official and should sign the score sheet as such. He/she should also include his/her printed name, address, zip code, home phone number, and the number of games officiated (3 game maximum).

## 14. GROUND RULES

Each facility/court has different ground rules in regards to service lines, overhead and side court obstacles. Please review these rules with your game official before every match.



## 15. CONDUCT

All CRC and Board of Education Rules and Regulations must be observed at all times. Smoking, alcohol, profane language and/or unsportsmanlike conduct will not be tolerated by CRC. Players, managers and spectators not abiding by these rules will be subject to suspension from the facility/league. Participants must accept referees' decision with respectful conduct, without disputing them. In case of doubt, clarification may be requested.

**Warning:** verbal or hand signal.

**Penalty:** yellow card and a point.

**Expulsion:** **red card – must leave playing area for the remainder of the game.**

**Disqualification:** **yellow and red card together – must leave for the match and will be suspended for the next scheduled match.**

*Note: Any player/coach/spectator who physically assaults any other person, game official, CRC staff or spectator before, during or after a game will automatically be ejected from the facility, suspended from further league participation and have the appropriate criminal charges filed by the CRC Athletics Office.*

## 16. We follow USAV rules ([usavolleyball.org](http://usavolleyball.org)) (Some newer rules are listed.) **MODIFIED RULES / CRC RULES**

- A. **Matches shall consist of 3 games to 25 points, win by 2.** Rally scoring. Standings will be calculated by total games won and lost (not matches).
- B. **Time Between Games** – no more than 2 minutes will be allowed between games.
- C. **Time-Outs** – 2 per game, 30 seconds each. (No additional time-out if game goes past 25-25.)
- D. **Co-Rec players** must alternate floor positions (male-female) at moment of service.
- E. **Substitutions** – shall be person for person, unlimited. Rotational substitution is permitted in “C” leagues only.
- F. **The ball may contact any part of a player's body.** The ball may touch various parts of the body, provided that the contacts take place simultaneously.
- G. **Service** –The server will have only **1 toss of the ball and 8 seconds** to execute service. Allowing the ball to fall whether touched or not will be an illegal service. A served ball that contacts the net and continues to the opponent's side will be considered a live ball. The service zone consists of the extended full width of the court.
- H. **Serve Reception** – served balls may be “bumped” or hand set. Serves may not be blocked or attacked with a spiking motion (unless the ball is completely below the net). A player may have a double contact on the first ball provided the fingers are not used to direct the ball.
- I. **Hitting** - The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown. The ball cannot roll or come to rest on any part of the player's body. It can rebound in any direction. When contracting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (a “roll shot”), with straight, locked fingertips (a “cobra”), knurled fingers (a “camel toe”), or with the back of the hand from the wrist to the knuckles.
- J. **Blocking** – Only front-row players are permitted to complete a block. At the moment of contact with the ball, part of the body must be higher than the top of the net. A block is not counted as a team hit. If the player is below the net and contacts the ball, that contact will be counted as one of the three hits.
- K. **Net** – Contact with the net by a player is not a fault, unless it interferes with the play. Interference would include touching the top band of the net or taking support from the net during play of the ball. When a ball is driven into the net and causes it to touch an opponent, no fault is committed.
- L. **Back row players** may not block or spike from in front of the 10 ft attack line. A back-row player may complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.
- M. **Penetration Under Net** – To touch the opponent's court with a foot is permitted, provided that some part of the penetrating foot remains either in contact with or directly above the center line. Also, to touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.
- N. **Playing the Ball** - There are no limitations on the ceiling – the ball may be played off of the ceiling and the ceiling beams. A player retrieving a ball over a non-playing area must be in contact with the playing surface when contact with the ball is made.

- O. **Injury** –Should an accident occur while the ball is in play then the rally is replayed. If the injured player cannot continue playing within 30 seconds, the player must be replaced or the team must take a time out if the player is to remain.

## 17. ADDITIONAL SAND VOLLEYBALL RULES/INFO

- A. A player may not block or attack the serve. The serve may be received with an underhand bump, an overhead bump, a dig, clasped hands.
- B. When contacting the ball with one hand, other than for setting the ball toward a teammate The ball must be cleanly hit with the heel or palm of the hand (a “roll shot”), with straight, locked fingertips (a “cobra”), knurled fingers (a “camel toe”), or with the back of the hand from the wrist to the knuckles. **One-handed placement or redirection of the ball of the fingers (a “dink” or “open-hand tip”) is a fault.**
- C. Setting – a ball may be set over the net on the 2<sup>nd</sup> or 3<sup>rd</sup> ball. The set does not have to be square to the person or place being set but must be executed in a clean hand set position.
- D. A **block** will be a team’s first contact in Doubles and Triples leagues. During Quads and Sixes, the ball must be contacted above the height of the top of the net. A ball below the top of the net will be the team’s first contact.
- E. **SUN/SUNSET** – Teams will switch sides of the court after every 10 points in a game. 5 points in the 3<sup>rd</sup> game.
- F. Games are played if raining unless there is lightning and/or severe thunderstorms. If no cancellations are listed, the **Site Supervisors will be responsible for canceling matches at the site.**
- G. A player may not enter another court to play a ball. Momentum into another court after hitting a ball is also not permitted. A player may enter into the opponent’s space, court (under net) provided that this does not interfere with the opponent’s play. There is no centerline.
- H. For the unlighted **Dunham Leagues**, if the third game reaches the **hour time limit**, the team ahead by 2 points will be considered the winner.
- I. In the **Sawyer Point Leagues**, there will be a charge of \$4.00 per car for parking each week.

### J. DOUBLES, TRIPLES & QUADS LEAGUE RULES

1. Teams will be scheduled to play **2 games to 21 points** using rally scoring (no cap), and the **3<sup>rd</sup> game to 15 points** (also rally scoring, no cap).
2. A Doubles roster may carry a maximum of 5 players, a Triples roster may carry a maximum of 6 players and a Quads roster may carry a maximum of 8 players.
3. A Co-Rec Doubles team must include 1 male and 1 female.  
A Co-Rec Triples team may include either 2 males and 1 female, or 2 females and 1 male.  
A Co-Rec Quads team may include 2 males and 2 females or 3 females and 1 male.
4. **All Doubles, Triples and Quad Leagues will be self-officiated.** All teams will referee and keep score of their own matches, and all scores must be reported to the court supervisor at the end of each match.

### K. 6 PERSON CO-REC LEAGUES

1. Teams will be scheduled to play **2 games to 25 points** using rally scoring (no cap) and the **3<sup>rd</sup> game to 15 points** (also rally scoring, no cap).
2. A six person roster may carry a maximum of 15 players.
3. A team may begin a match with 5 players.

**CRC’S INTERPRETATION OF RULES IS FINAL.  
ALL DECISIONS ARE OPEN TO REVIEW,  
AND MAY SUPERSEDE THE CRC RULEBOOK.**

## 18. TOURNAMENTS

***The top half of your league's teams will qualify for the post-season, single-elimination tournament.*** This will be determined by the final standings. **In case of ties for the final position**, it will be broke by: head-to-head competition results (by number of sets won, if still tied then by points between tied teams) if still tied then by total points earned for the season.

## 19. AWARDS (Six-person team)

A maximum of eight individual T-shirts will be awarded to the first place winners from each CRC league (#1 seed for tournament). If there is a tie for 1<sup>st</sup> place it will be broke as stated above. **Tournament winners will receive credit towards their next volleyball league registration or equal value award.**

## 20. INJURIES / ACCIDENT REPORT

In the event that a player is injured during a league or tournament game, the team manager should report the accident to the CRC staff at the site, complete an accident report (obtained from [www.cincyrec.org](http://www.cincyrec.org) Click Athletics , Volleyball, Important Forms), and promptly submit it to the Athletics Office. Each player is responsible for his/her own medical coverage.

A player/substitute, manager, coach, trainer or other team member who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and/or the wound is covered. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is the official's judgment. If there is an excessive amount of blood on the uniform, or if the bandage is blood soaked, in the judgment of the official, the uniform/bandage must be changed before the individual may participate.

For additional information on other CRC activities,  
Please call us at (513)352-4020.



***Thank you for playing CRC Volleyball!***